

**WHAT IS CLAIMED IS:**

1. A portable exercise apparatus, for use on a floor, comprising:

a handle frame having a generally U-shaped handle portion, said handle portion having a base member, a first arm and a second arm, the plane of said handle portion being generally horizontal to the floor, said handle frame further including two telescopic members attached at an angle to the plane of said U-shaped handle portion;

a generally U-shaped base frame, positioned on said floor, having an elongated cross bar and two side members extending rearwardly from said elongated cross bar, said side members extending outwardly relative to each other, each said side member being disposed radially outwardly from said cross bar such that the planar configuration of the base frame is greater than the planar configuration of the handle frame, said base frame including a pair of elongated members extending generally upwardly and rearwardly from said cross bar, said pair of elongated members telescopically engaging said two telescopic members of the handle frame; and

a locking device for maintaining the vertical dimension between the handle frame and said base frame thereby accommodating a wide variety of users of the apparatus.

2. A portable exercise apparatus as in claim 1, wherein each said side member forms an angle between 100 and 115 degrees with the longitudinal axis of the elongated cross bar.

3. The portable exercise apparatus of claim 2, wherein the angle is 105 degrees.

4. The portable exercise apparatus of claim 1, wherein a pair of wheels are disposed on the front of said elongated cross bar for facilitating movement of the apparatus on the floor.

5. The portable exercise apparatus of claim 1, wherein a plurality of feet is disposed on the bottom side of each said side member of the generally U-shaped base frame.

6. The portable exercise apparatus of claim 1, wherein a gripping section at the distal end of each arm is covered with a cushioning material.

7. The portable exercise apparatus of claim 1, further including a variable support surface releasably connected to and extending between the two side members of the U-shaped base frame.

8. The portable exercise apparatus of claim 6, wherein the cushioned gripping sections of each arm extend downwardly at an acute angle relative to the plane of the handle frame.

9. A portable exercise apparatus, for use on a floor, comprising:

a handle frame having a generally U-shaped handle portion, said handle portion having a base member, a first arm and a second arm, the plane of said handle portion being horizontal to the floor, said handle frame further including two telescoping members attached at an angle to the plane of said U-shaped handle portion;

a generally U-shaped base frame, positioned on said floor, having an elongated cross bar and two side members extending rearwardly from said elongated cross bar, said side members extending outwardly relative to each other, each said side member being disposed radially outwardly from said cross bar such that the planar configuration of the base frame is greater than the planar configuration of the handle frame, a mounting bracket attached to said elongated cross bar, said mounting bracket including a pair of elongated members extending generally upwardly and rearwardly from said mounting bracket, said elongated members telescopically receiving said telescoping members of the handle frame; and

an adjusting device for adjusting the vertical dimension between the handle frame and said base frame thereby accommodating a wide variety of users of the apparatus.

10. A portable exercise apparatus as in claim 9, wherein each said side member forms an angle between 100 and 115 degrees with the longitudinal axis of the elongated cross bar.

11. The portable exercise apparatus of claim 10, wherein the angle is 105 degrees.

12. The portable exercise apparatus of claim 9, wherein the two side members are removably attached to the elongated cross bar of the U-shaped base frame.

13. The portable exercise apparatus of claim 9, wherein a pair of wheels are disposed on the front of said elongated cross bar for facilitating movement of the apparatus on the floor.

14. The portable exercise apparatus of claim 9, wherein a plurality of feet is disposed on the bottom side of each said side member of the generally U-shaped base frame.

15. The portable exercise apparatus of claim 9, wherein a gripping section at the distal end of each arm is covered with a cushioning material.

16. The portable exercise apparatus of claim 9, further including a variable support surface releasably connected to and extending between the two side members of the U-shaped base frame.

17. The portable exercise apparatus of claim 15, wherein the cushioned gripping sections of each arm extend downwardly at an acute angle relative to the plane of the handle frame.